

# H.O.T. LINKS

*Healthy Options Today...Tomorrow...Together!*



Spring 2003  
Volume 2, Issue 2

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### *World Impact and The Good Samaritan Clinic:*

#### *Bringing Affordable Dental Care to Wichita's Underserved*

Research has found that mental health is a critical aspect of overall health; that the mind and body are closely interrelated. The link between mental and physical health was recently highlighted in a special issue of TIME magazine January 20, 2003.

HOT L.I.N.K.S. was created in response to public interest in linking health resources in the community to people.

One resource in our community for low cost health care is the Good Samaritan Clinic, owned and operated by World Impact, a nonprofit inner city Christian ministry founded in the early 1960's. Good Samaritan Clinic, located at 3701 E 13<sup>th</sup>, Building 400 in Wichita, provides medical care for children and adults. Hours are Monday thru Friday from 9:00 am to 5:00 pm. People are greeted with smiles, and additional time is given to each patient so that people are ministered to in mind, body and spirit.

A new and important dental program begins in April on Thursdays from 11 am – 3pm targeting emergency dental care and pain abatement. Each dental visit is \$30 at Good Samaritan, with a referral made to a cooperating dentist who will perform the follow up care. This is a special program for emergency and pain abatement, not routine dental care. For routine dental care, Good Samaritan Clinic recommends the WSU School of Dental Hygiene.

Good Samaritan Clinic's mission is to provide medical and dental care to the urban poor of Sedgwick County. The Clinic has a sliding fee scale and also accepts Medicaid and Medicare as well as some private insurance.

For more information about The Good Samaritan Clinic, [Click here](#)

For more information about WSU's Dental Hygiene Clinic, please call 978-3603.



## Shape the Future of Life



Healthy  
Environments  
for Children

### World Health Day

The World Health Organization (WHO) was established by the United Nations April 7, 1948. Its primary goal is to foster the highest level of health in all peoples worldwide. Annually, WHO celebrates its creation by focusing on a specific health issue. This year's focus is the world's children. As excerpted from their website:

*"Each year on April 7th, the world celebrates World Health Day. On this day around the globe, thousands of events mark the importance of health for productive and happy lives. This year, the theme for World Health Day is **"Healthy Environments for Children"**. The millions of children that die annually from environmentally related illnesses could be saved through the creation of healthy settings, whether it be the home, the school, or the community at large. Join us*

*in promoting healthy environments for children on World Health Day, and make a difference for the future! "*

For more information about WHO, [click here](#)

For more information about World Health Day 2003, [click here](#)



### National Mental Health Month

May 2003 marks this year's national awareness of the importance of promoting mental health. A wealth of research consistently shows that maintaining mental health protects our heart, promotes quality relationships, improves work productivity, and overall pleasure in the world around us.

**"Respect, Don't Reject"** is [The Canadian Mental Health Association](#) (CMHA) theme for Mental Health Month this year. Increasing mental health literacy / eliminating stigma is a core value for COMCARE as well. The CMHA notes the importance of maintaining a healthy balance in life. Their pamphlet, [Mental Health for Life](#) suggests the following:

- Build a healthy self-esteem
- Receive as well as give
- Create positive parenting and family relationships

- Deal with your emotions
- Have a spirituality to call your own

For a copy of this pamphlet, [click here](#)

For more information about National Mental Health Month, check out the following links:

- [CMHA](#)
- [Ntl Mental Health Association](#)

## Spring Links

### April 2003

- [World Health Day 2003](#)
- [National Public Health Week - April 7-13, 2003](#)
- [Wichita Calendar of Events](#)

### May 2003

- [Mental Health Month](#)
- [Memorial Day](#)
- [Wichita Calendar of Events](#)

### June 2003

- [National Safety Month](#)
- [Wichita Calendar of Events](#)

## **The War & Memorial Day: Coping with Loss**

Memorial Day is often represented as a weekend for bar-b-qing, swimming, camping, and generally celebrating the onset of Summer. However, more importantly Memorial Day is a time for honoring veterans, family, and other loved ones who have died. We celebrate their lives, their courage, their convictions. We remember them. And in doing so we often mourn. This year, War has brought our patriotism, our honor, our losses so very close.

The following links provide useful information and tips on ways to help yourself, your children, and others cope with these day-to-day stressors:

- [Coping with War Stress](#)
- [Helping Kids Cope with War](#)
- [Reach Every Child](#)
- [Stress Management](#)
- [Coping Strategies](#)
- [National Center for PTSD](#)

## **April Showers Bring May Flowers...and Mowing and Allergies and bar-b-q's and swimsuits, Camping and Kites!**

OK, it doesn't rhyme! This quarter, while filled with the ongoing realities of our world today, also brings Spring and the beginnings of Summer. Hope springs eternal as the tulips reach skyward and the days get longer. Evening strolls begin again. Pause and breathe. Inhale. Exhale. Take time to enjoy the fresh strawberries and new garden potatoes. Fly a kite. Play catch with your child or the children next door.

Above all, take time to be happy.



## **Strawberry and Spinach Salad**

This spring salad is teaming with Vitamin A and Vitamin C. The bright green of the spinach and contrasting red of the strawberries is beautiful and the flavors are excellent together.

- 1 pint fresh strawberries
- 2 bunches fresh spinach
- 1/2 cup sugar
- 1 1/2 tablespoons minced green onion
- 1/2 teaspoon Worcestershire sauce
- 1/2 teaspoon paprika
- 1/2 cup olive oil
- 1/2 cup balsamic or cider vinegar
- 2 tablespoons sesame seeds

1. Wash strawberries under cool running water. Remove caps and set aside to drain.
2. Wash spinach and remove large tough stems. Tear large leaves into small pieces. Drain.
3. In a medium bowl combine remaining ingredients and whisk together.
4. Slice strawberries into halves or quarters and place in a large bowl. Add dry spinach.
5. Pour dressing over all and toss.
6. [This recipe compliments of University of Illinois Extension Office. Click here!](#)